

Independence Village of White Lake

Independent Living | Enhanced Living

January 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				New Years Day 1 11:00 Exercise with David (GP) 11:30 Early Dinner (EDR) 12:00 Early Dinner (MDR) 1:30 Movie Madness (Theatre)	2 9:00 MJR Theatre (S) Song Sung Blue-Neil Diamond 10:00 Mindful Meditation (L) 11:00 Bend and Stretch (GP) 1:00 Chair Volleyball (C) 2:30 Entertainment with Steve (C) 6:00 Chicken Foot Dominoes (FL) 6:00 Rummikub (GP)	3 11:00 Weight Workout (GP) 12:30 Left, Right, Center (GP) Dice Game 2:00 Freestyle Painting (GP) 2:30 Euchre Club (GP) 3:30 Men's Pool (3-F)
4 11:00 Noodlecise & Weights (GP) 12:00 Traveling Cart Making Cards for Police Officers 12:30 Mass and Communion (GP) With St. Pat's 2:30 Candy Bingo (GP) 6:00 Mexican Train Dominoes (FL)	5 10:15 Daily Devotion (L) 10:30 Massage with Annie, by appt. 11:00 Theraband w/Powerback PT (GP) 12:30 Activity Brainstorm (L) Calendar Review 1:00 Confession w/Fr. Socorro (DR) 1:30 Mass & Communion (GP) With Fr. Socorro from St. Pat's 2:30 Shopping at Walmart (S) 3:00 Card Bingo (C) 6:00 Poker Club (GP)	6 11:00 Weight Workout (GP) 12:00 Soup-er Tuesday (C) 12:45 Foot Care (GP) 1:00 Blood Pressure Check (L) 2:00 Cardio Drumming (GP) 3:30 Chair Volleyball (C) 5:30 Therapy Dog Visit (C) 6:00 Chicken Foot Dominoes (FL)	7 10:00 Mindful Meditation (L) 10:30 Trip to Twelve Oaks Mall (S) 11:00 Protestant Service (GP) 12:30 Sit and Be Fit (GP) 2:30 Bingo (GP) 3:30 Rosary with St. Pat's (GP) 6:00 Euchre Club (GP)	Law Enforcement Day 8 10:15 Daily Devotion (L) 11:00 Balance & Exercise (GP) w/PowerBack PT 12:30 Lunch with a Cop (GP) 2:00 Elvis Presley Trivia (C) 3:30 Happy Hour (C)	9 10:00 Mindful Meditation (L) 11:00 Noodlecise (GP) 12:00 Coffee Bar (C) 1:00 Chair Volleyball (C) 3:00 Intro to Po-Ke-No (C) Card Game 6:00 Chicken Foot Dominoes (FL) 6:00 Rummikub (GP)	10 11:00 Weight Workout (GP) 12:30 Nickels (C) 2:30 Freestyle Painting (GP) 2:30 Euchre Club (GP) 3:30 Men's Pool (3F)
11 11:00 Noodlecise & Weights (GP) 12:30 Mass and Communion (GP) With St. Pat's 1:00 Movie Madness (Theatre) 6:00 Mexican Train Dominoes (FL)	12 10:15 Daily Devotion (L) 10:30 Massage with Annie, by appt. 11:00 Shopping at Kroger (S) 11:00 Theraband w/Powerback PT (GP) 1:30 Prayer & Communion (GP) With St. Pat's 3:00 Nickels (GP) 6:00 Poker Club (GP)	13 11:00 Weight Workout (GP) 12:30 Culinary Showcase (GP) 1:00 Blood Pressure Check (L) 2:00 Cardio Drumming (GP) 3:30 Chair Volleyball (C) 5:30 Therapy Dog Visit (CA) 6:00 Chicken Foot Dominoes (FL)	14 10:00 Mindful Meditation (L) 11:00 Sit & Be Fit (GP) 11:45 Tech Talk Wednesday (L) w/Maria VW Library 12:30 Giant Crossword Puzzle (L) 2:30 Bingo (GP) 3:30 Rosary with St. Pats (L) 6:00 Euchre Club (GP)	15 10:15 Daily Devotion (L) 11:00 Exercise w/Powerback PT (GP) 11:00 Lunch at Bad Brads BBQ (S) 12:30 Cooking Club (C) 2:30 Open Forum (GP) 3:30 Happy Hour (C) 4:00 Hearing Care (L) 6:00 Bunco (GP)	16 10:00 Mindful Meditation (L) 11:00 Bend and Stretch (GP) 1:00 Chair Volleyball (C) 3:00 Nail Painting (G) & Hand Massage 6:00 Chicken Foot Dominoes (FL) 6:00 Rummikub (GP)	17 11:00 Weight Workout (GP) 12:30 Winter Craft (GP) 2:00 Candy Bingo (GP) 2:30 Euchre Club (C) 3:30 Men's Pool (3F)
Brunch 18 11:00 Walking Exercise (FL) 11:30 Brunch (EDR, MDR) Residents Only 12:00 Brunch (MDR) Residents and Guests 1:30 Learn to play Mahjong (L) 2:30 Movie Madness (Theatre) 6:00 Mexican Train Dominoes (FL)	Clashing Clothes Day 19 9:00-12:00 Dermatology (CR) 10:15 Daily Devotion (L) 10:30 Massage with Annie, by appt. 11:00 Theraband w/Powerback PT (GP) 12:30 MLK Trivia (GP) 1:00 Shopping at Meijer (S) 1:30 Prayer & Communion (GP) With St. Pat's 2:30 Popcorn Bar (GP) 6:00 Poker Club (GP)	Pajama & Snow Day 20 11:00 Weight Workout (GP) 12:30 Soup-er Tuesday (GP) 1:00 Blood Pressure Check (L) 1:00 Snow Day Activities (GP) 3:30 Chair Volleyball (C) 5:30 Therapy Dog Visit (CA) 6:00 Chicken Foot Dominoes (FL) 6:00 Movie Madness (Theatre) Jack Frost	Sweat Pants Day 21 10:00 Mindful Meditation (L) 11:00 Protestant Service (GP) 12:30 Sit and Be Fit (C) 1:00 Multi-Cultural Day (GP) 2:30 Bingo (GP) 3:30 Rosary with St. Pat's (GP) 6:00 Euchre Club (GP)	Backwards Day 22 10:00 Motor City Casino (S) 10:15 Daily Devotion (FL) 11:00 Exercise w/Powerback PT (GP) 12:30 Reminiscing w/ Stephanie (L) 1:00 Cocoa & Charades (FL) 3:30 Happy Hour (C)	Crazy Hair Day 23 10:00 Mindful Meditation (L) 11:00 Noodlecise (GP) 1:00 Chair Volleyball (C) 3:00 Sip & Paint (GP) 6:00 Chicken Foot Dominoes (FL) 6:00 Rummikub (GP)	24 11:00 Weight Workout (GP) 12:30 Nickels Game (GP) 2:30 Freestyle Painting (GP) 2:30 Euchre Club (C) 3:30 Men's Pool (3F)
25 11:00 Noodlecise & Weights (GP) 12:30 Mass and Communion (GP) With St. Pat's 12:30 Coffee & Cookie (TC) 2:30 Candy Bingo (GP) 6:00 Mexican Train Dominoes (FL)	26 10:15 Daily Devotion (L) 10:30 Massage with Annie, by appt. 11:00 Shopping at Aldi (S) 11:00 Theraband w/ Powerback PT (GP) 1:30 Prayer & Communion (GP) With St. Pat's 2:00 Card Bingo (C) 6:00 Poker Club (GP)	27 8:30-9:30 Omelet Bar (MDR) 11:00 Weight Workout (GP) 12:30 Name that Tune (C) 12:45 Foot Care (GP) 1:00 Blood Pressure Check (L) 3:30 Chair Volleyball (C) 5:30 Therapy Dog Visit (C) 6:00 Chicken Foot Dominoes (FL) 6:00 Evening Entertainment (C)	Winter Blues 28 10:00 Mindful Meditation (L) 10:30 Walker/Scooter Wash (C) 11:00 Sit and Be Fit (GP) 12:30 Make & Take Trail Mix (GP) 2:30 Bingo (GP) 3:30 Rosary with St. Pat's (GP) 6:00 Euchre Club (GP) 6:00 Evening Entertainment (C) Chasing the Winter Blues Away	29 10:15 Daily Devotion (L) 11:00 Exercise w/Powerback PT (GP) 12:30 Book Club (L) 3:30 Happy Hour (C) Birthdays & New Residents 6:00 Bunco (GP)	30 10:00 Mindful Meditation (L) 11:00 Noodlecise (GP) 11:00 Lunch at Highland House (S) 12:30 Chef Chat (GP) 1:00 Chair Volleyball (C) 3:00 Cardio Drumming (GP) 6:00 Chicken Foot Dominoes (FL) 6:00 Rummikub (GP)	31 11:00 Weight Workout (GP) 12:30 Left, Right, Center (C) Dice Game 2:00 Crafting with Sydney (GP) 2:30 Euchre Club (C) 3:30 Men's Pool (3F)